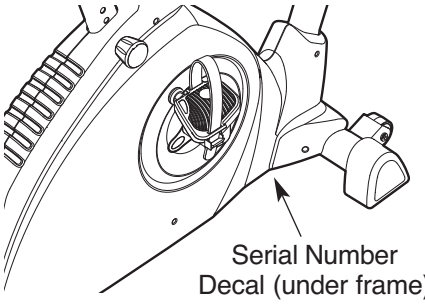
PRO-FORM®
380 CSX

www.proform.com

Model No. PFEX72908.0
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

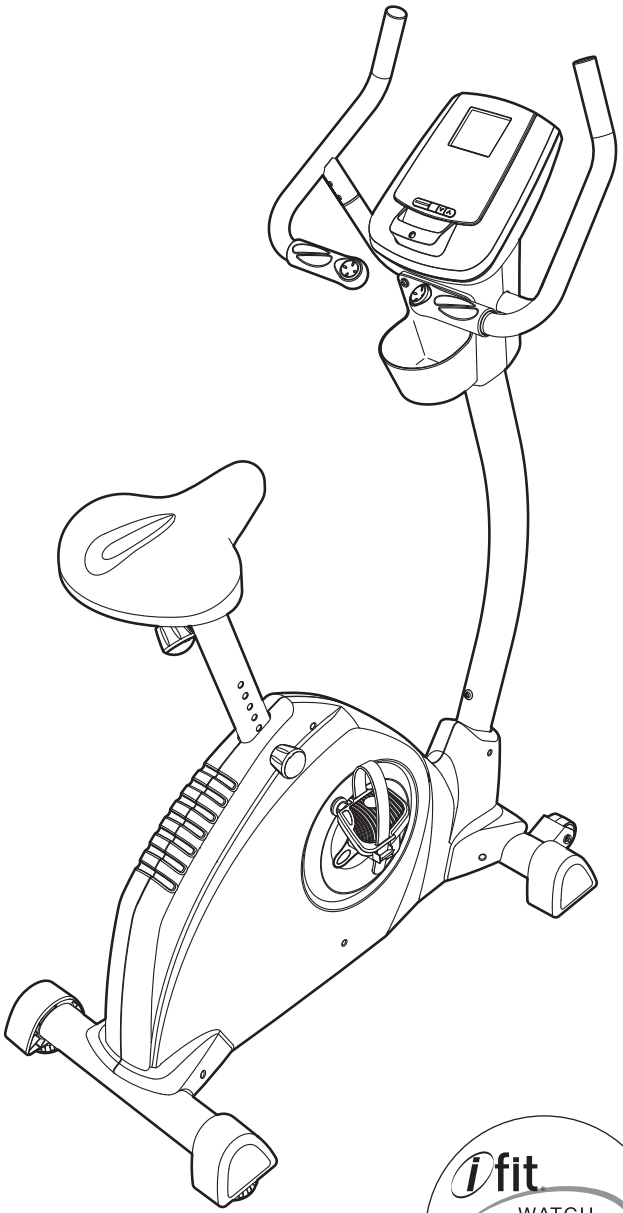
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri., 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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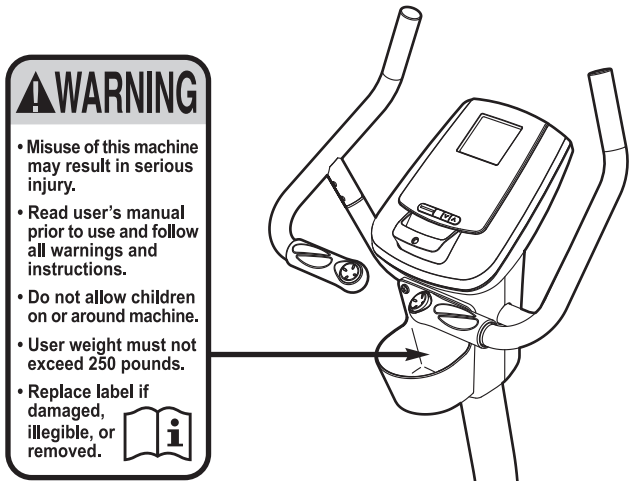
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• User weight must not exceed 250 pounds.
• Replace label if damaged, illegible, or removed.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise cycle before using your exercise cycle. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **Use the exercise cycle only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.**
4. **The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.**
5. **Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around your exercise cycle.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep children under the age of 12 and pets away from the exercise cycle at all times.**
8. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.**
9. **The exercise cycle should not be used by persons weighing more than 250 lbs. (113 kg).**
10. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
11. **Always keep your back straight while using the exercise cycle; do not arch your back.**
12. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

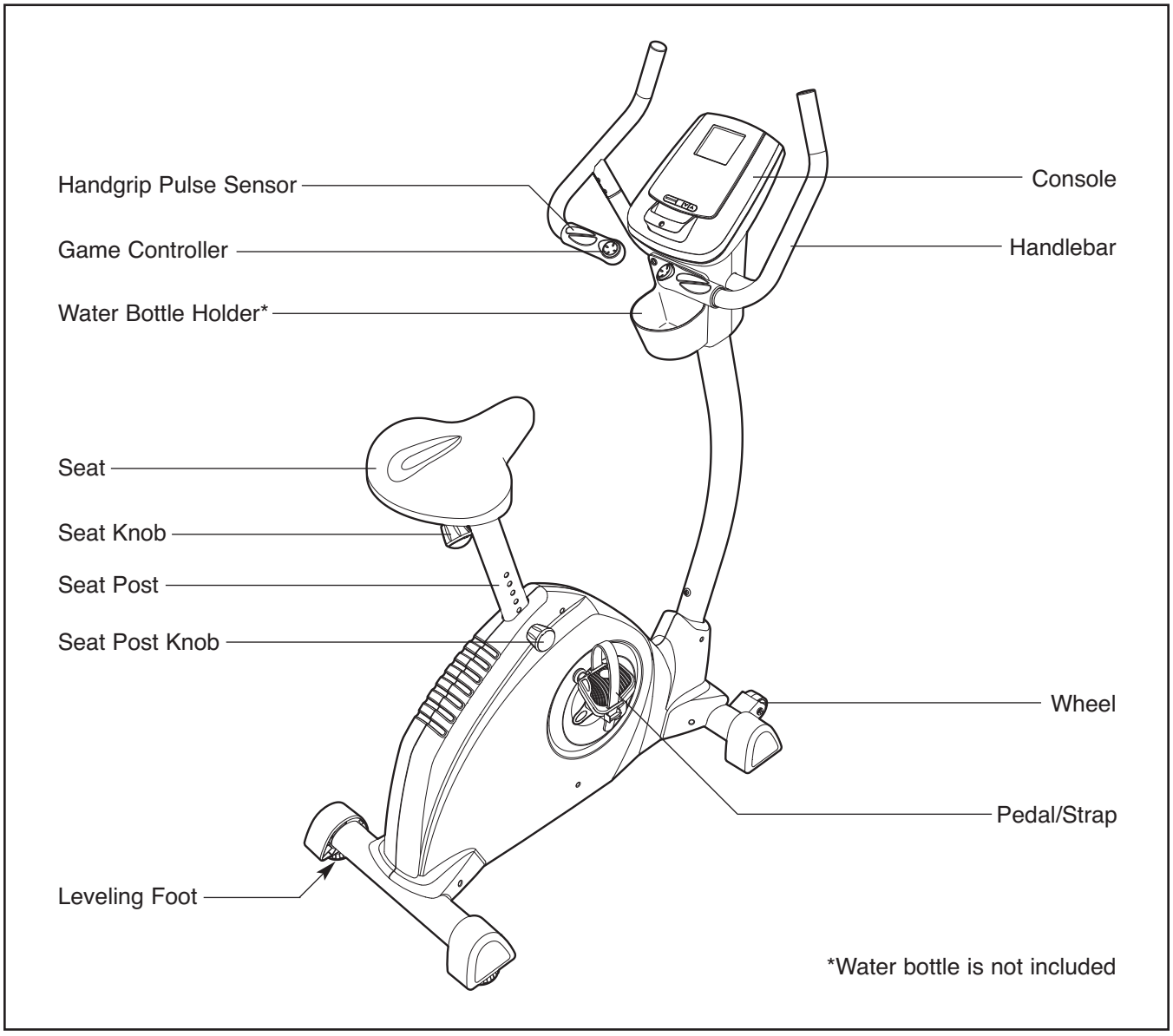
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PROFORM® 380 CSX exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The 380 CSX exercise cycle offers an impressive array of features, including motivational interactive games, designed to let you enjoy this healthful exercise in the comfort and convenience of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the exercise cycle at www.proformservice.com/registration.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



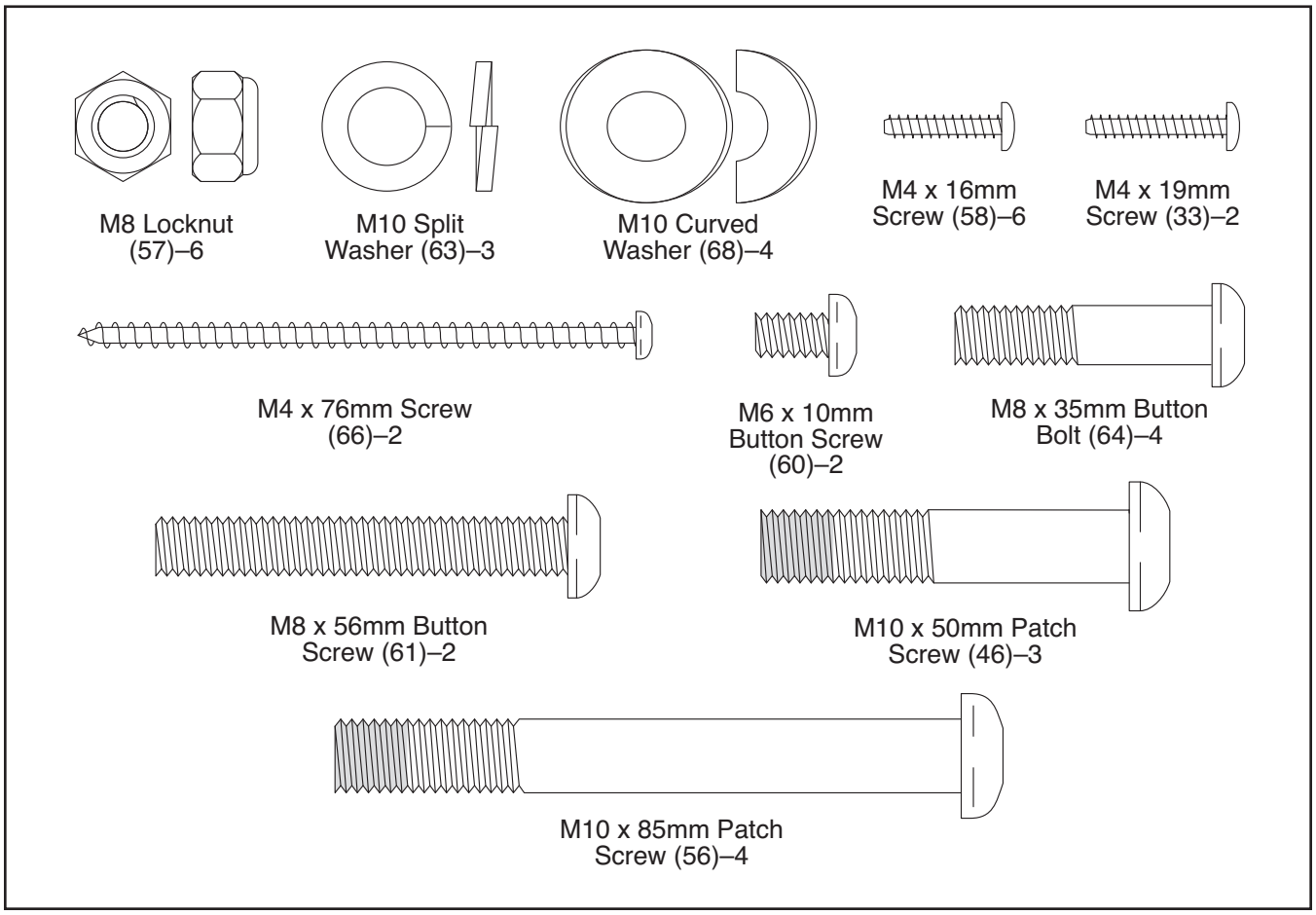
ASSEMBLY

To hire an authorized service technician to assemble the exercise cycle, call 1-800-445-2480.

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

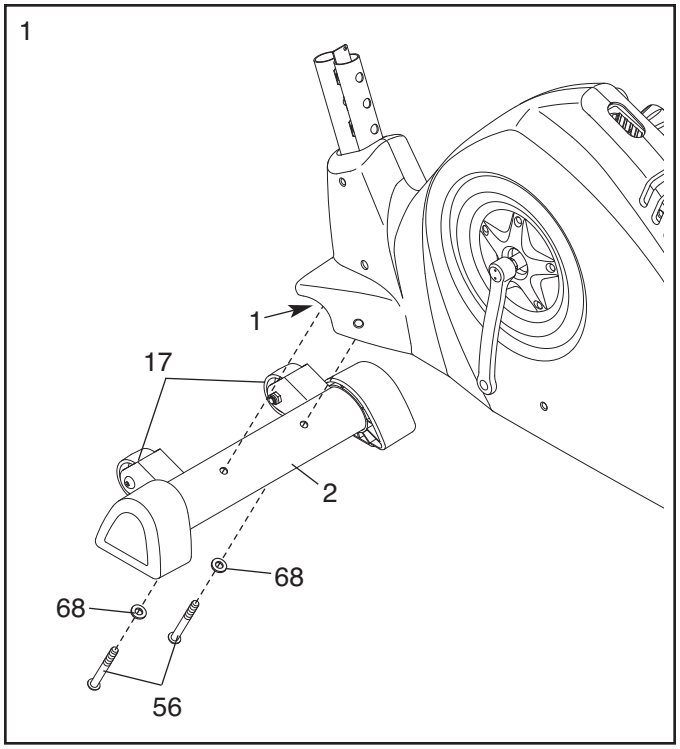
In addition to the included tool(s), assembly requires a Phillips screwdriver , an adjustable wrench , and a rubber mallet .

As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**

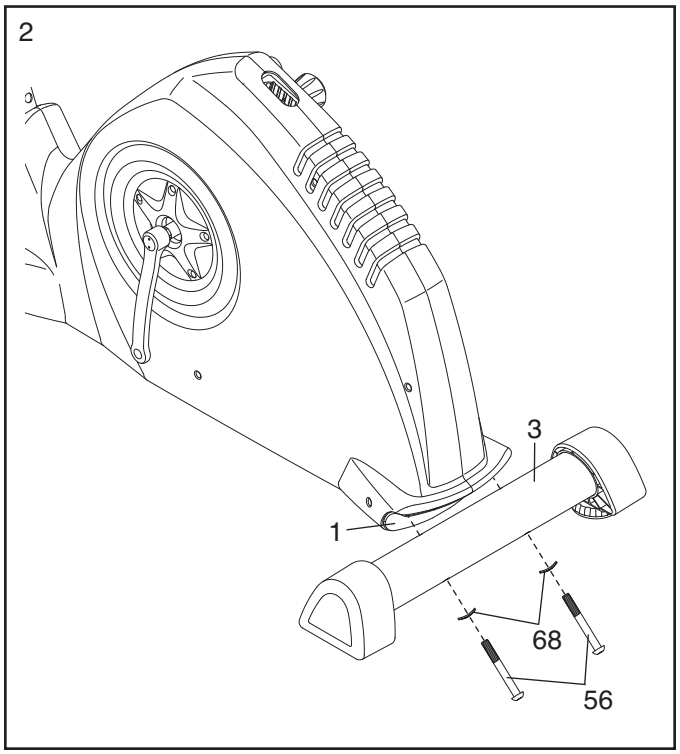

M8 Locknut (57)–6
M10 Split Washer (63)–3
M10 Curved Washer (68)–4
M4 x 16mm Screw (58)–6
M4 x 19mm Screw (33)–2
M4 x 76mm Screw (66)–2
M6 x 10mm Button Screw (60)–2
M8 x 35mm Button Bolt (64)–4
M8 x 56mm Button Screw (61)–2
M10 x 50mm Patch Screw (46)–3
M10 x 85mm Patch Screw (56)–4

1. **To make assembly easier, read the information on page 5 before you begin assembling the exercise cycle.**

Identify the Front Stabilizer (2), which has Wheels (17) attached. Attach the Front Stabilizer to the Frame (1) with two M10 x 85mm Patch Screws (56) and two M10 Curved Washers (68).

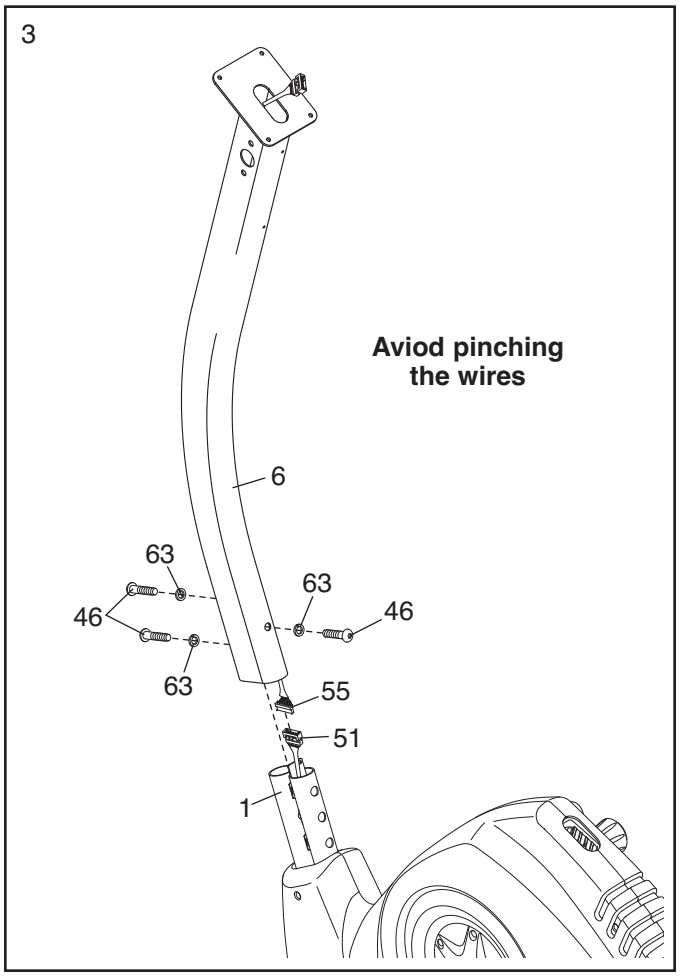


2. Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 85mm Patch Screws (56) and two M10 Curved Washers (68).



3. While another person holds the Upright (6) near the Frame (1), connect the Upper Wire Harness (55) to the Lower Wire Harness (51). Next, pull the excess Upper Wire Harness out of the top of the Upright.

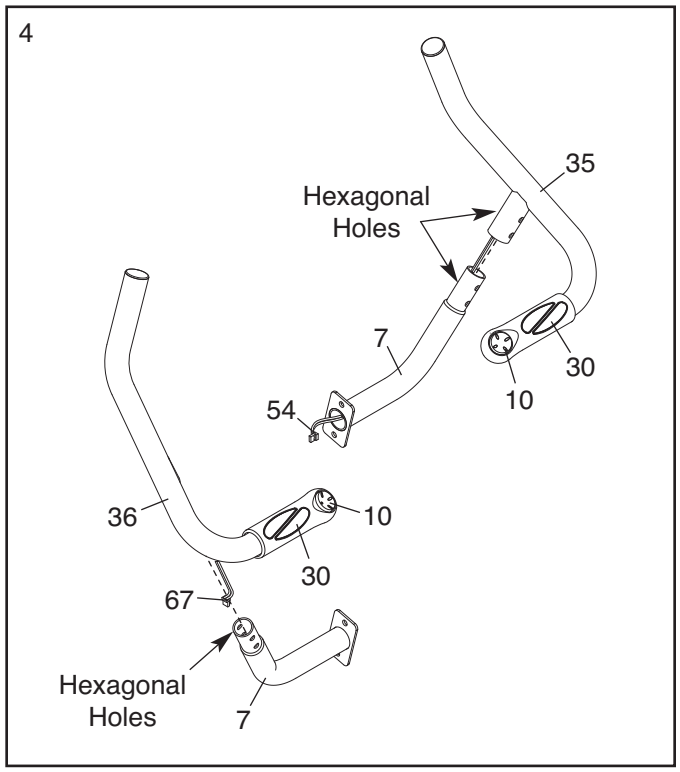
   Tip: Avoid pinching the wires. Slide the Upright (6) onto the Frame (1). Attach the Upright with three M10 x 50mm Patch Screws (46) and three M10 Split Washers (63). **Tighten the two Patch Screws in the front of the Upright first, and then tighten the third Patch Screw.**



4. Identify the Right and Left Handlebars (35, 36), which are marked with “Right” and “Left” stickers.

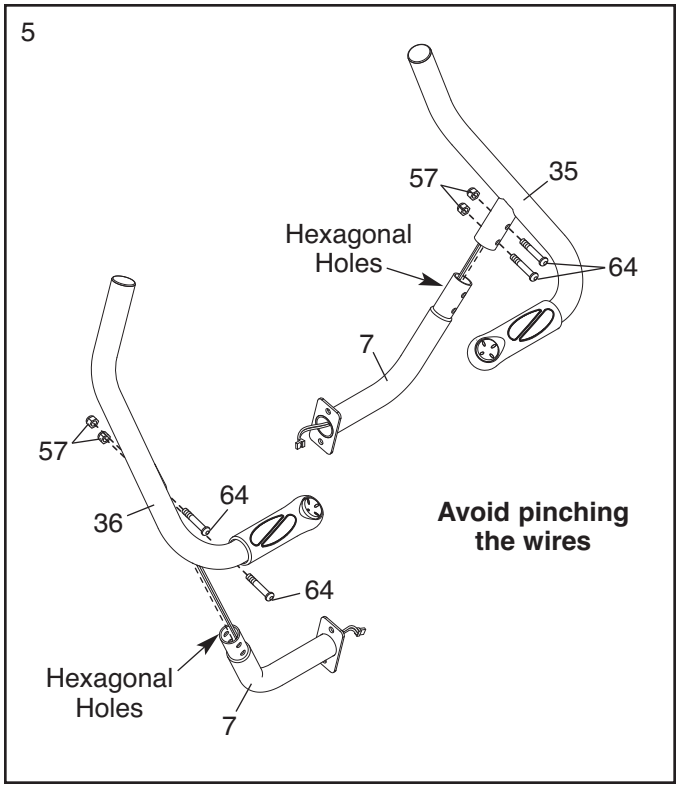
   Orient the two Handlebar Posts (7) and the Right and Left Handlebars (35, 36) as shown. **Make sure that the Game Controllers (10), Grips (30), and hexagonal holes are in the indicated locations.**

   Locate the Right and Left Controller Wires (54, 67) in the Right and Left Handlebars (35, 36). Then, insert the Right and Left Controller Wires through the Handlebar Posts (7).



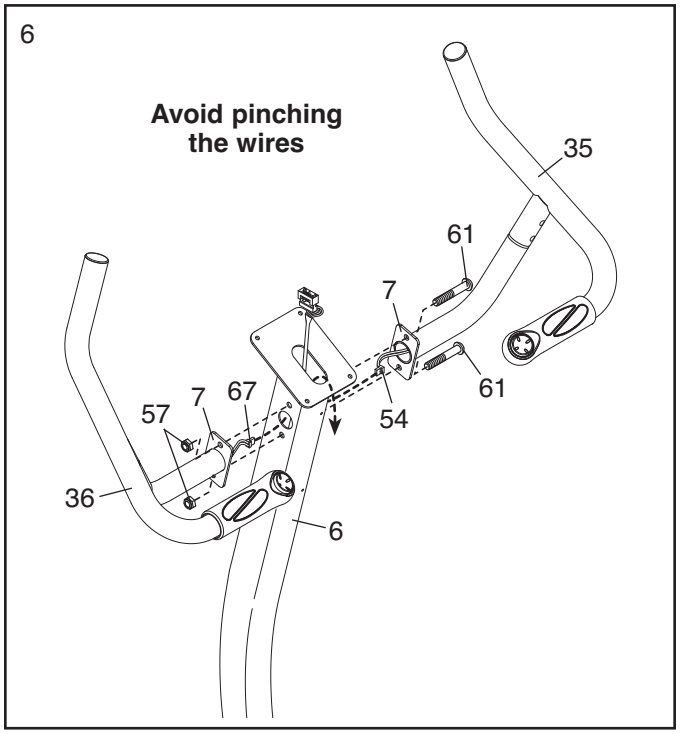
5. **Tip: Avoid pinching the wires.**

   Attach each Handlebar (35, 36) to a Handlebar Post (7) with two M8 x 35mm Button Bolts (64) and two M8 Locknuts (57). **Make sure that the Locknuts are in the hexagonal holes.**



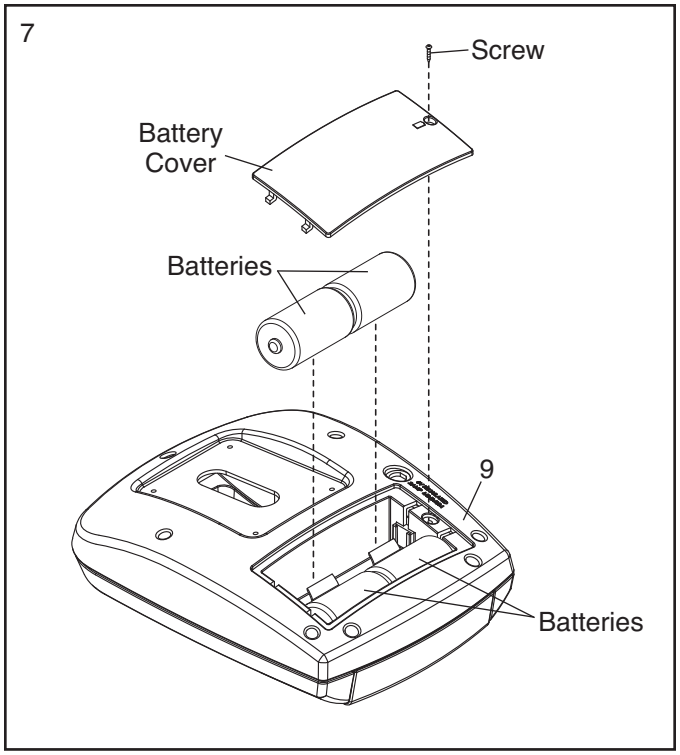
6. Have another person hold the Right and Left Handlebars (35, 36) near the Upright (6). Insert the Right and Left Controller/Pulse Wires (54, 67) into the holes in the Upright and pull them upward out of the top of the Upright.

   Tip: Avoid pinching the wires. Attach the Handlebar Posts (7) to the Upright (6) with two M8 x 56mm Button Screws (61) and two M8 Locknuts (57).



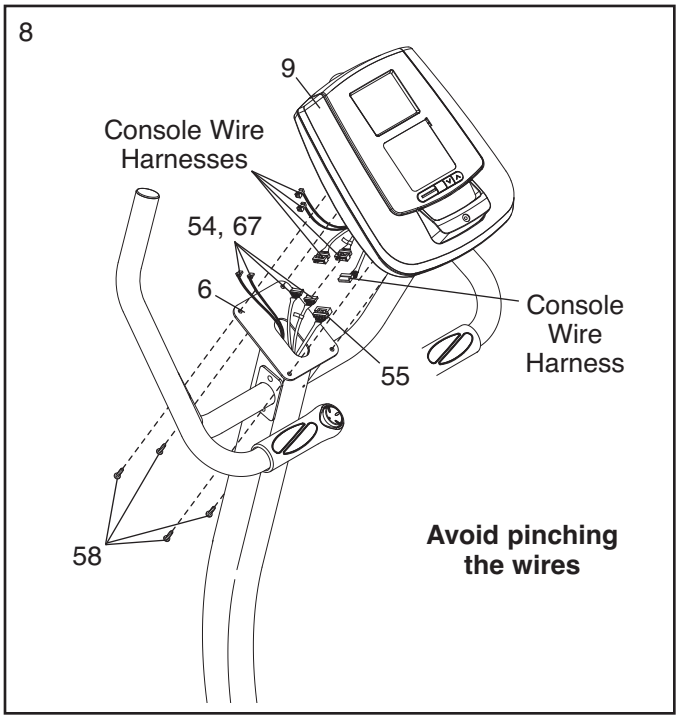
7. The Console (9) can use four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screw, remove the battery cover, insert the batteries into the battery compartments, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

   To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.

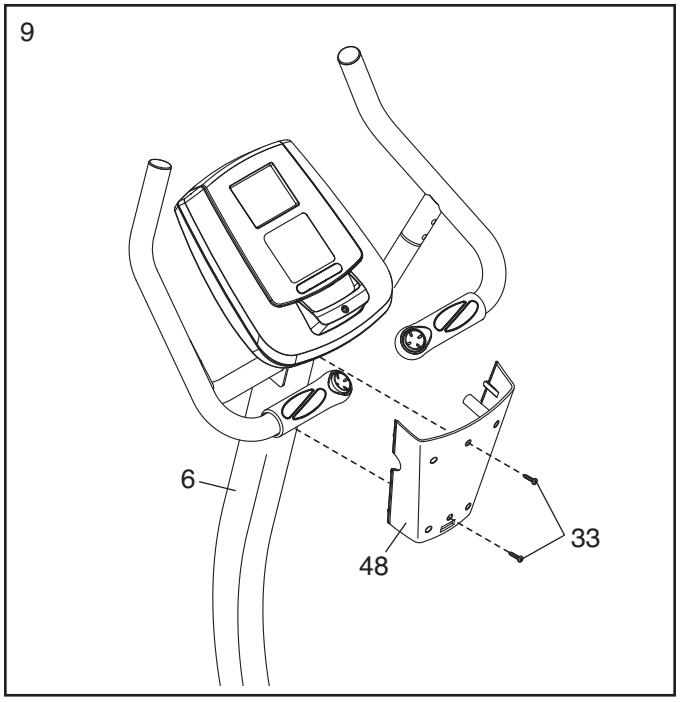


8. While another person holds the Console (9) near the Upright (6), connect the console wire harnesses to the Controller/Pulse Wires (54, 67) and to the Upper Wire Harness (55); **make sure to connect the console wire that has a tag to the Controller/Pulse wire that has a tag.** Insert the excess wire downward into the Upright.

   Tip: Avoid pinching the wires. Attach the Console (9) to the Upright (6) with four M4 x 16mm Screws (58).

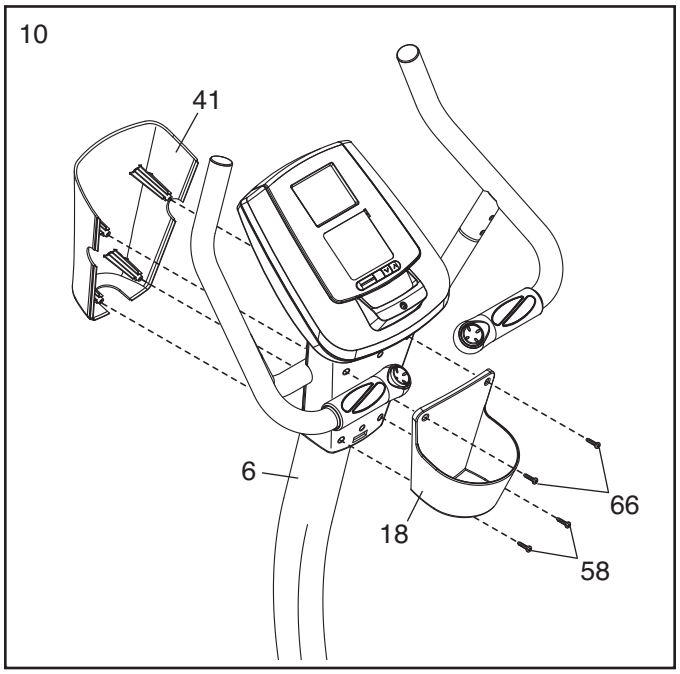


9. Attach the Rear Upright Cover (48) to the Upright (6) with two M4 x 19mm Screws (33).



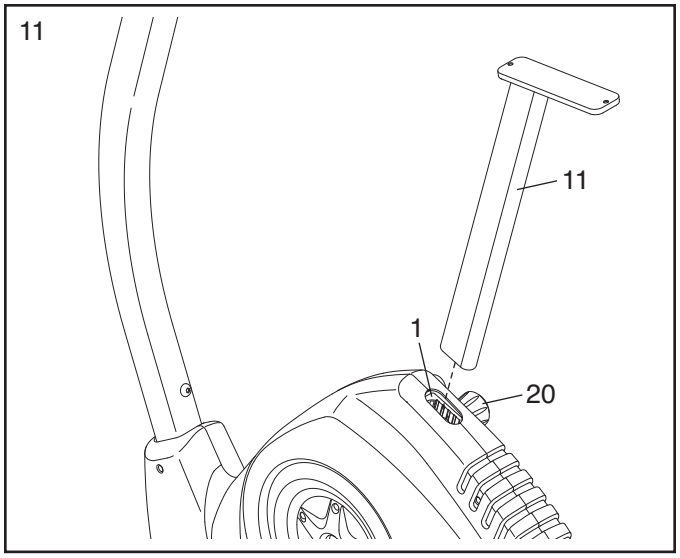
10. Orient the Front Upright Cover (41) and the Water Bottle Holder (18) as shown.

    Attach the Front Upright Cover (41) and the Water Bottle Holder (18) around the Upright (6) with two M4 x 16mm Screws (58) and two M4 x 76mm Screws (66). **Tip: Start the M4 x 16mm Screws first and then start the M4 x 76mm Screws.**



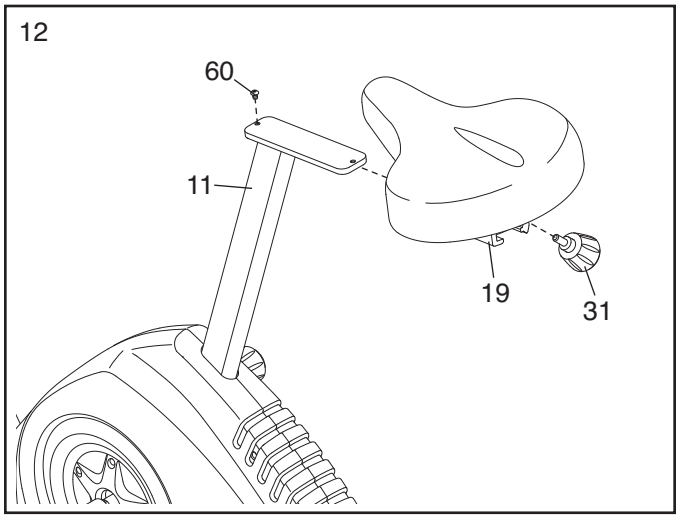
11. Loosen the Seat Post Knob (20). Next, pull the Seat Post Knob outward, and insert the Seat Post (11) into the Frame (1).

    Slide the Seat Post (11) upward or downward to the desired position, and release the Seat Post Knob (20). **Move the Seat Post upward or downward slightly to make sure that the Seat Post Knob is engaged in one of the adjustment holes in the Seat Post.** Then, tighten the Seat Post Knob.

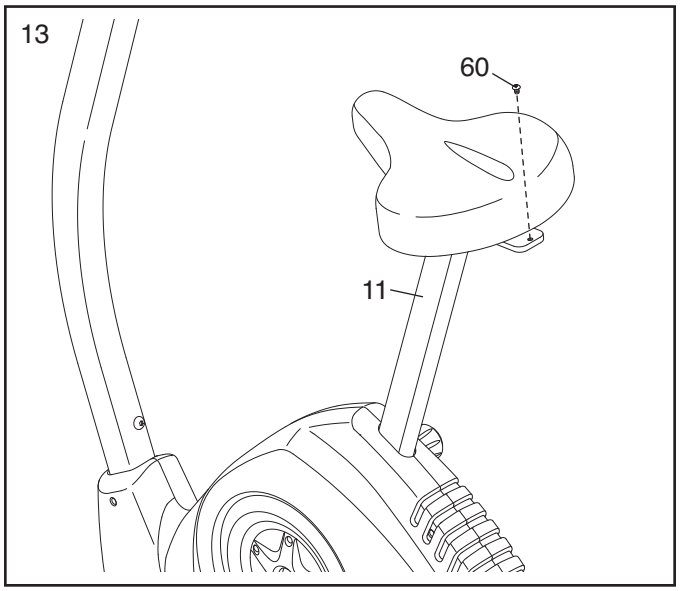


12. Attach an M6 x 10mm Button Screw (60) to the front of the Seat Post (11). Next, slide the Seat Carriage (19) onto the Seat Post.

    Then, adjust the Seat Carriage (19) all the way forward and tighten the Seat Knob (31) into the Seat Carriage.



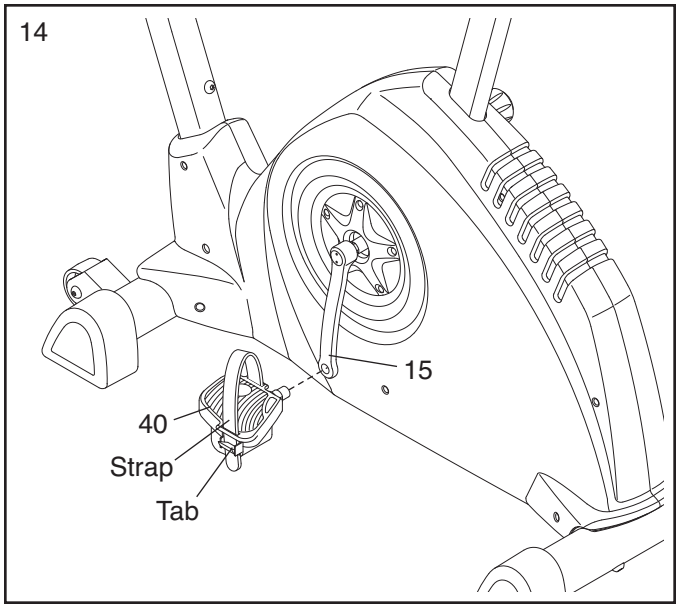
13. Attach an M6 x 10mm Button Screw (60) to the rear of the Seat Post (11).



14. Identify the Left Pedal (40), which is marked with a sticker. Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank (15).

    Tighten the Right Pedal (not shown) *clockwise* into the Right Crank. **IMPORTANT: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

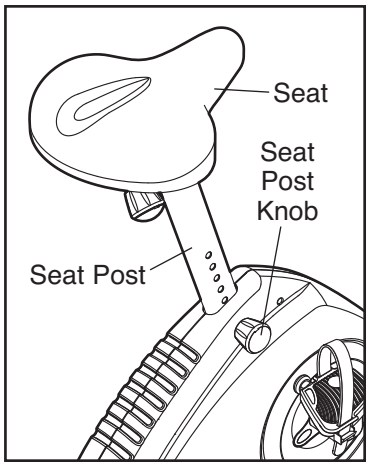
    Adjust the strap on the Left Pedal (40) to the desired position, and press the ends of the straps onto the tabs on the Left Pedal. **Adjust the strap on the Right Pedal (not shown) in the same way.**



15. **Make sure that all parts are properly tightened before you use the exercise cycle. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

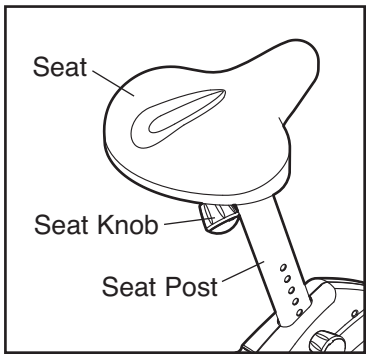
HOW TO USE THE EXERCISE CYCLE

HOW TO ADJUST THE HEIGHT OF THE SEAT



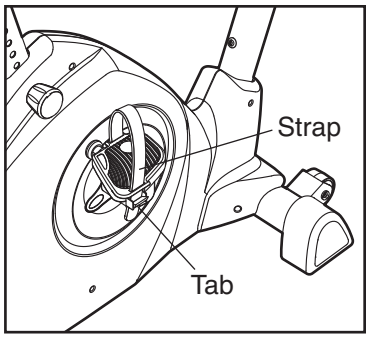
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.
To adjust the seat, first loosen the seat post knob. Next, pull the knob outward, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the knob.

HOW TO ADJUST THE LATERAL POSITION OF THE SEAT



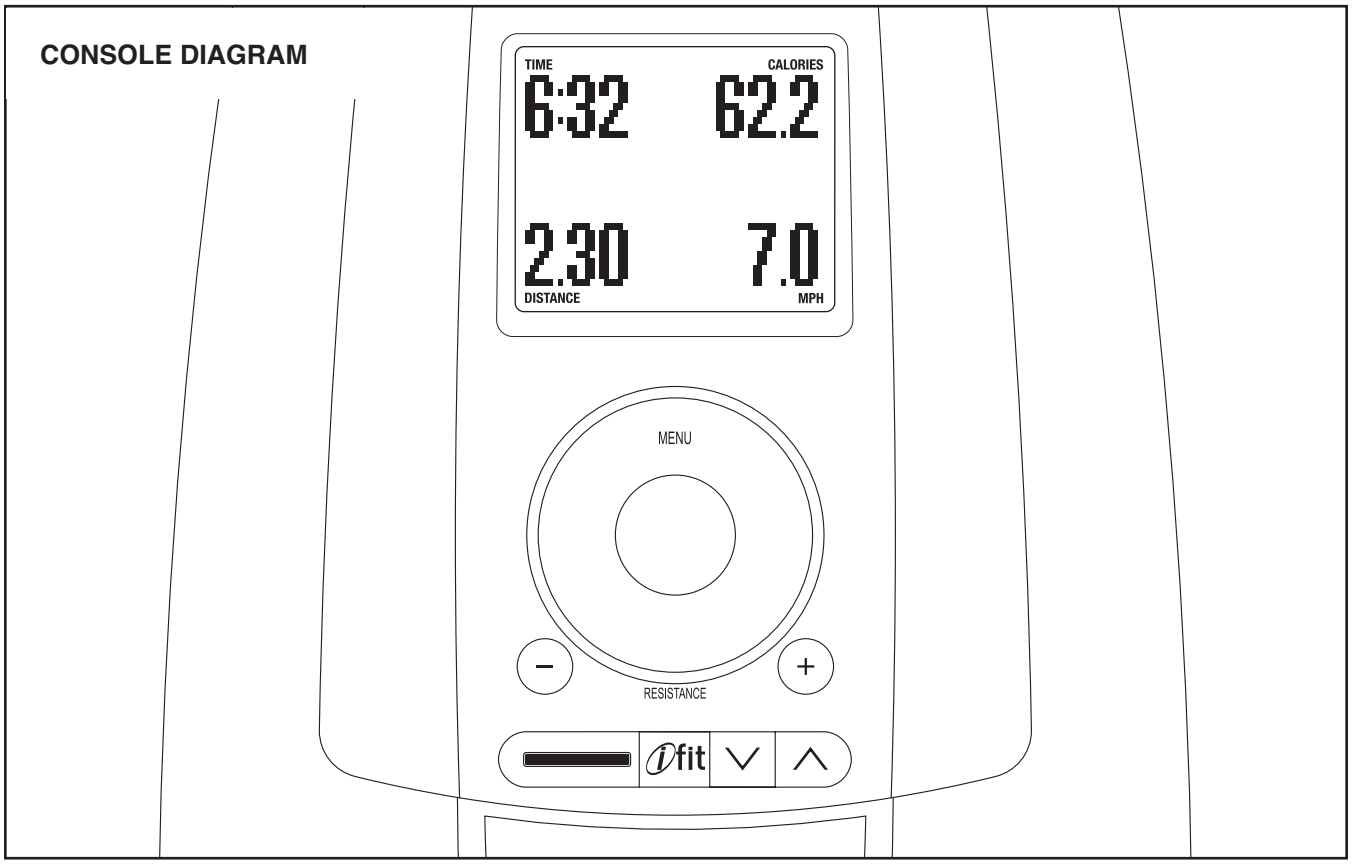
To adjust the lateral position of the seat, first loosen the seat knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.

HOW TO ADJUST THE PEDAL STRAPS



To loosen the pedal straps, press the tabs and pull the straps upward. To tighten the pedal straps, pull downward on the ends of the straps.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

This revolutionary console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console offers eight preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features two motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie Destroyer™ game during your workouts—the harder you exercise, the greater the advantage you will have! The console keeps track of the four highest scores for each game—compete with other users or try to top your own high score.

The console also features the iFit Interactive Workout System, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console's sound system and listen to your favorite workout music or audio books while you exercise.

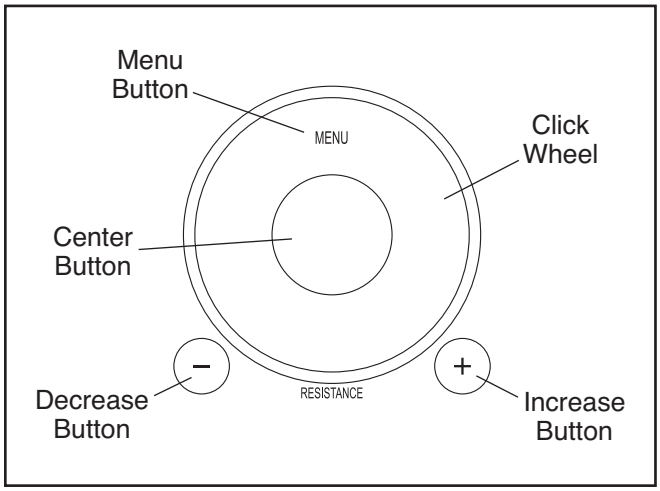
To learn how to use the console controls, see page 15. **To use the manual mode,** see page 15. **To use a preset workout,** see page 17. **To play the Fat Blocker game,** see page 19. **To play the Calorie Destroyer game,** see page 20. **To use an iFit workout,** see page 21. **To use the sound system,** see page 21. **To adjust the volume,** see page 21. **To change the console settings,** see page 22.

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

HOW TO USE THE CONSOLE CONTROLS

You can use the console controls to navigate through menus in the display, change settings, and view exercise information.

Refer to the drawing below to familiarize yourself with the console controls.



To turn on the console, press any button or begin pedaling. Each time you turn on the console, the manual mode will be selected. Note: To use the manual mode, see HOW TO USE THE MANUAL MODE at the right.

To view the main menu, press the Menu button.

To choose a menu item, move your finger clockwise or counterclockwise around the click wheel. An arrow will appear next to the menu item that is currently chosen. Note: You can also press the Resistance increase and decrease buttons to choose a menu item.

To select a menu item, press the center button.

To return to a previous menu, press the Menu button.

Note: To adjust the volume level of the console, see HOW TO ADJUST THE VOLUME on page 21. To change other console settings, see HOW TO CHANGE THE CONSOLE SETTINGS on page 22.

HOW TO USE THE MANUAL MODE

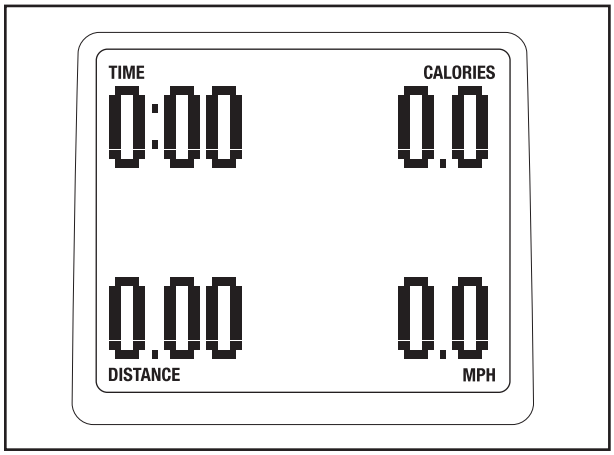
1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will light. The console will then be ready for use.

2. **Select the manual mode.**

   Each time you turn on the console, the manual mode will be selected. If you have selected a workout, press the Menu button, select WORKOUTS, and then select MANUAL to return to the manual mode.

   When you select the manual mode, zeroes will appear in the display.



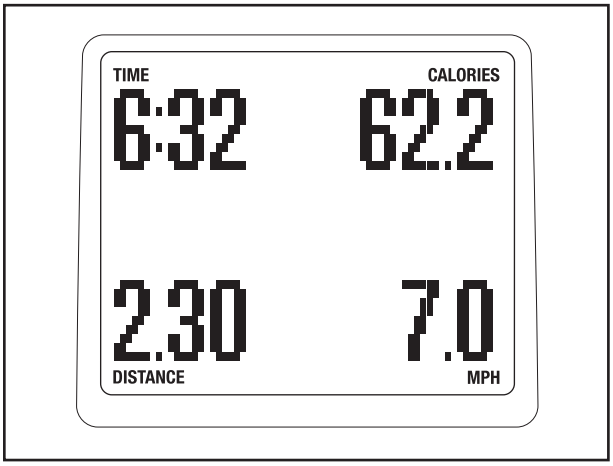
3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons repeatedly. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

   Note: You can also move your finger clockwise or counterclockwise around the click wheel to change the resistance of the pedals.

4. **Follow your progress with the display.**

The upper left corner of the display will show the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



The lower left corner of the display will show the distance you have pedaled, in miles or kilometers.

The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 at the right).

The lower right corner of the display will show your pedaling pace (speed) in miles or kilometers per hour.

The center of the display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

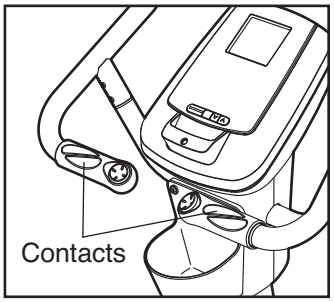
You can also view other combinations of selected exercise information in the display. Press the center button repeatedly to view the following information:

- Time, power output in watts, approximate number of calories burned, and pedaling pace
- Time and distance
- Time and power output in watts
- Time and approximate number of calories burned
- Time and pedaling pace

Press the center button again to view the original display.

Note: The console can show pedaling pace and distance in either miles or kilometers. The letters MPH or KM/H will appear in the display to show which unit of measurement is selected. To change the unit of measurement, see step 2 of HOW TO CHANGE THE CONSOLE SETTINGS on page 22.

5. **Measure your heart rate if desired.**



If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

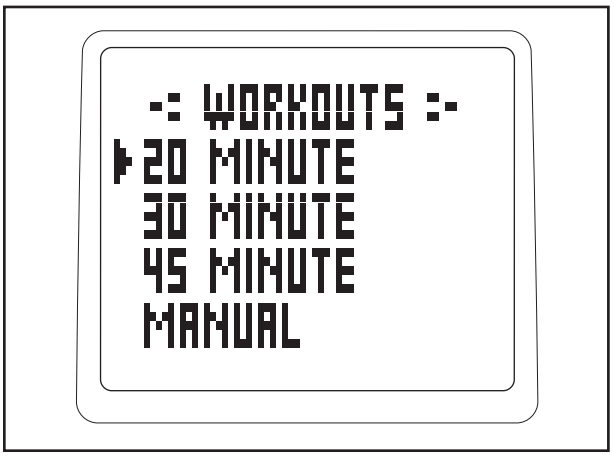
HOW TO USE A PRESET WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

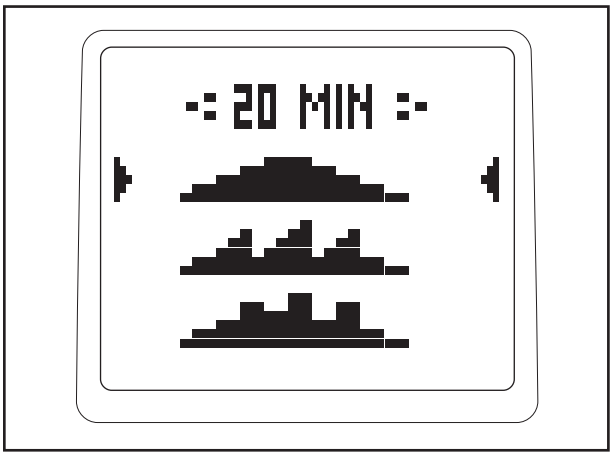
   When you turn on the console, the display will light. The console will then be ready for use.

2. **Select a preset workout.**

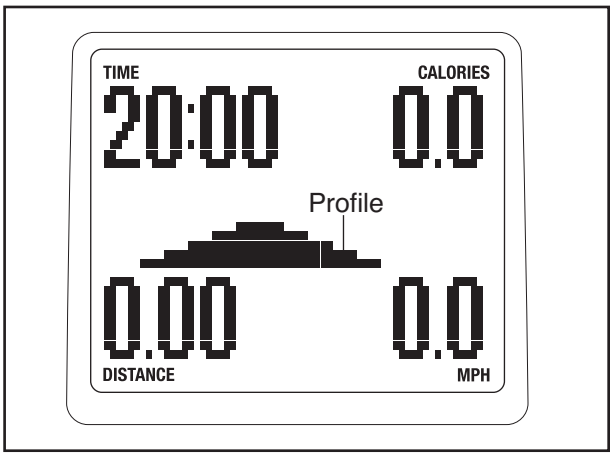
   To select one of the eight preset workouts, press the Menu button, select WORKOUTS, and then select the 20 MINUTE, 30 MINUTE, or 45 MINUTE workout menu.



   After you select a workout menu, select the profile of the workout you desire to use.



   The workout time and a profile of the resistance levels for the workout will appear in the display.

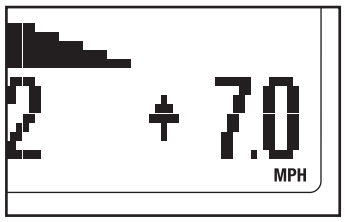


3. **Begin pedaling to start the workout.**

   Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

   During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. The resistance level and the target speed will also appear in the display. If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or the target speed will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target speed for the current segment. When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.



IMPORTANT: The target speed is intended only to provide motivation. Your actual pace may be slower than the target speed. Make sure to exercise at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance decrease or increase button. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound, the console will pause, and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 16.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 16.

HOW TO PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Fat Blocker game.

1. **Begin pedaling or press any button on the console to turn on the console.**

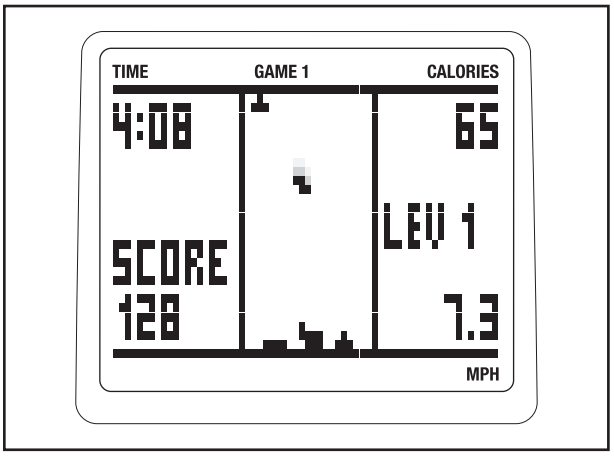
   When you turn on the console, the display will light. The console will then be ready for use.

2. **Select the Fat Blocker game.**

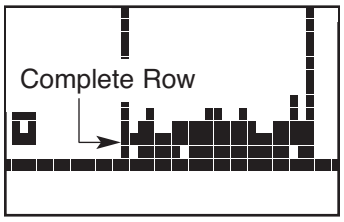
   To select the Fat Blocker game, press the Menu button, select FITNESS GAMES, and then select FAT BLOCKER.

3. **Begin pedaling or press a button on either controller to start the game.**

   When you start the Fat Blocker game, a game arena will appear in the center of the display.



   A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another block will then move downward. Blocks come in eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.



   Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena. Each time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.

   As you play, the blocks will fall faster and faster; however, your pedaling pace will affect the speed of the blocks—the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

   When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4. **Follow your progress with the display.**

   While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling pace. In addition, the display will show your current score and the game level that you have reached.

   To pause the game, press the center button. To resume the game, press the center button repeatedly until the words FAT BLOCKER appear at the top of the display, and then press a button on either controller.

5. **When you are finished exercising, the console will turn off automatically.**

See step 6 on page 16.

HOW TO PLAY THE CALORIE DESTROYER GAME

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Calorie Destroyer game.

1. **Begin pedaling or press any button on the console to turn on the console.**

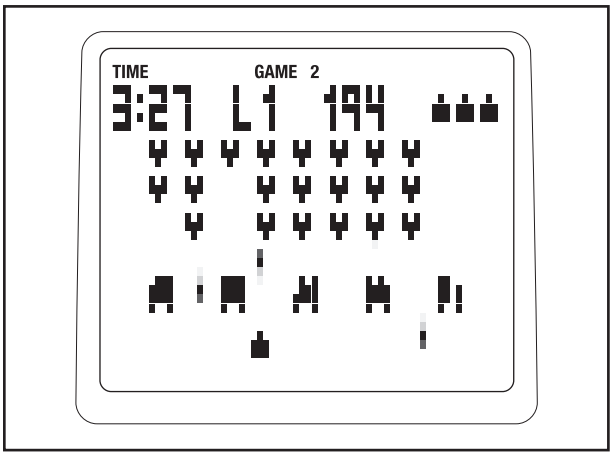
   When you turn on the console, the display will light. The console will then be ready for use.

2. **Select the Calorie Destroyer game.**

   To select the Calorie Destroyer game, press the Menu button, select FITNESS GAMES, and then select DESTROYER.

3. **Press a button on either controller to start the game.**

   When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.



   At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

   Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

   Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

   As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

   When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4. **Follow your progress with the display.**

   While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

   To pause the game, press the center button. To resume the game, press the center button repeatedly until the word DESTROYER appears at the top of the display, and then press a button on either controller.

5. **When you are finished exercising, the console will turn off automatically.**

See step 6 on page 16.

HOW TO USE AN IFIT WORKOUT

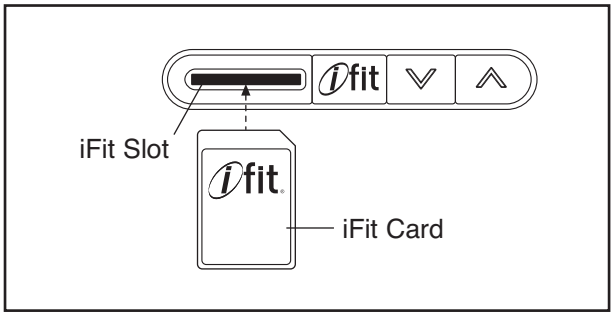
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will light. The console will then be ready for use.

2. **Insert an iFit card and select a workout.**

   To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face-down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will light and text will appear in the display.



   Next, select the desired workout on the iFit card by pressing the up and down buttons next to the iFit slot.

   A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 6 on page 17.

3. **When you are finished exercising, remove the iFit card.**

   Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

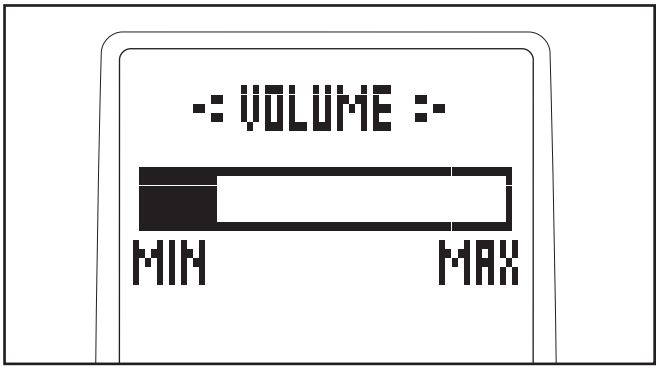
Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

Note: To adjust the volume of the console tones and sounds, see HOW TO ADJUST THE VOLUME below.

When not in use, unplug the audio cable from the jack on the console.

HOW TO ADJUST THE VOLUME

To adjust the volume level of the console, first press the Menu button, and then select VOLUME. Next, move your finger around the click wheel or press the Resistance increase and decrease buttons to adjust the volume to the desired level. Then, press the center button to exit the menu.



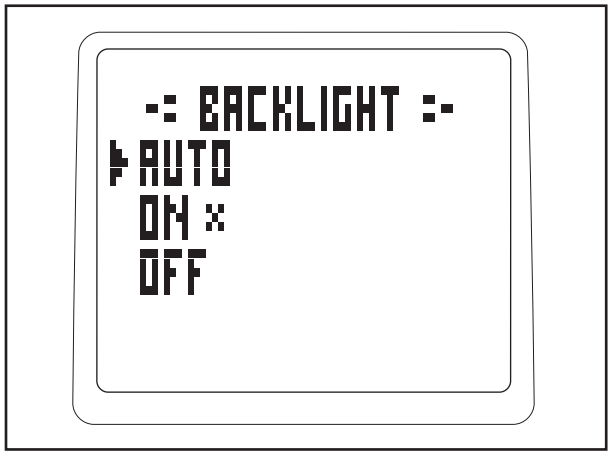
HOW TO CHANGE THE CONSOLE SETTINGS

The console features a settings menu that allows you to select a backlight option, to select a unit of measurement for the console, and to turn the game sounds on or off. Follow the steps below to change the console settings.

1. Select a backlight option if desired.

The console has three backlight options. The ON option keeps the backlight on while the console is on. To conserve the batteries, the AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.

To select a backlight option, press the Menu button, select SETTINGS, and then select BACKLIGHT. An X will appear next to the currently selected backlight option. To change the backlight option, first move your finger around the click wheel or press the Resistance increase and decrease buttons to choose the desired backlight option. Next, press the center button. The X will then appear next to the currently selected backlight option.

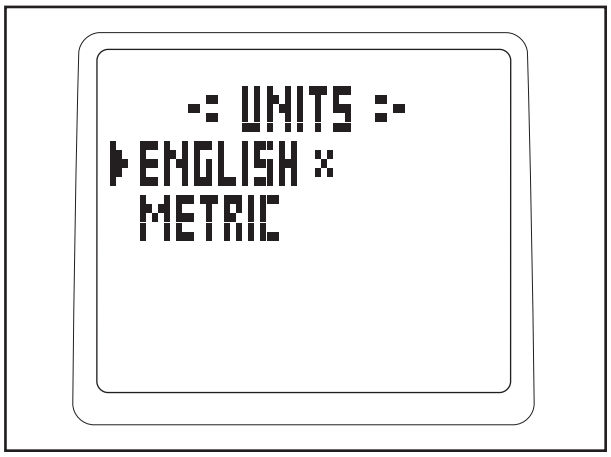


A few seconds after you select a backlight option, the console will exit the backlight menu. Note: You can press the Menu button to return to the settings menu if desired.

2. Select a unit of measurement if desired.

The console can show pedaling pace and distance in either miles or kilometers.

To view the currently selected unit of measurement for the console, press the Menu button, select SETTINGS, and then select UNITS. The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display. An X will appear next to the currently selected unit of measurement.



To change the unit of measurement, move your finger around the click wheel or press the Resistance increase and decrease buttons to choose the desired unit of measurement. Next, press the center button. The X will then appear next to the currently selected unit of measurement.

Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.

A few seconds after you select a unit of measurement, the console will exit the units menu. Note: You can press the Menu button to return to the settings menu if desired.

3. Turn the game sounds on or off if desired.

To turn the game sounds on or off, press the Menu button, select SETTINGS, and then select GAME SOUNDS. The words OFF and ON will appear in the display. An X will appear next to the currently selected option.

To change the option, move your finger around the click wheel or press the Resistance increase and decrease buttons to choose ON or OFF. Next, press the center button. The X will then appear next to the currently selected option.

A few seconds after you select a game sounds option, the console will exit the game sounds menu. Note: You can press the Menu button to return to the settings menu if desired.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

TIGHTENING THE PEDALS

For best performance, regularly tighten both pedals.

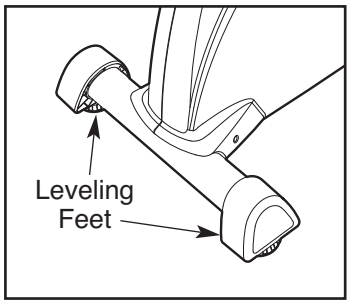
CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced. See assembly step 7 on page 9 for replacement instructions.

If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 16.

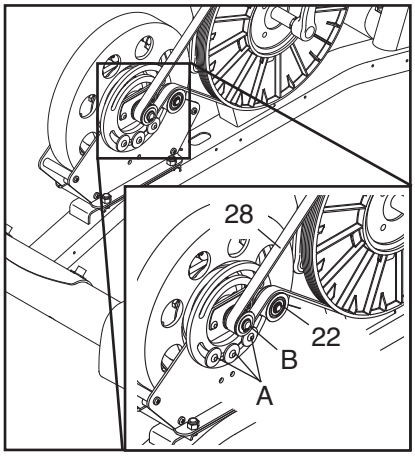
HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle does not sit flat on your floor, turn one or both of the leveling feet until the exercise cycle is level.



HOW TO ADJUST THE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the belt may need to be adjusted. To adjust the belt, the pedals and shields must first be removed. Using an adjustable wrench, turn the right pedal counterclockwise and remove it. Then, turn the left pedal clockwise and remove it. Remove the screws from the right shield, and then carefully pull the shields away from the frame.



Loosen, but do not remove, the three indicated screws (A). Insert the shaft of a screwdriver downward between the Idler Pulley (22) and the pulley (B). Pull the top of the screwdriver toward the rear of the exercise cycle until the Belt (28) is tight. Then, tighten the three screws.

Reattach the shields, and then reattach the pedals. To attach the pedals, turn the right pedal clockwise and turn the left pedal counterclockwise.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

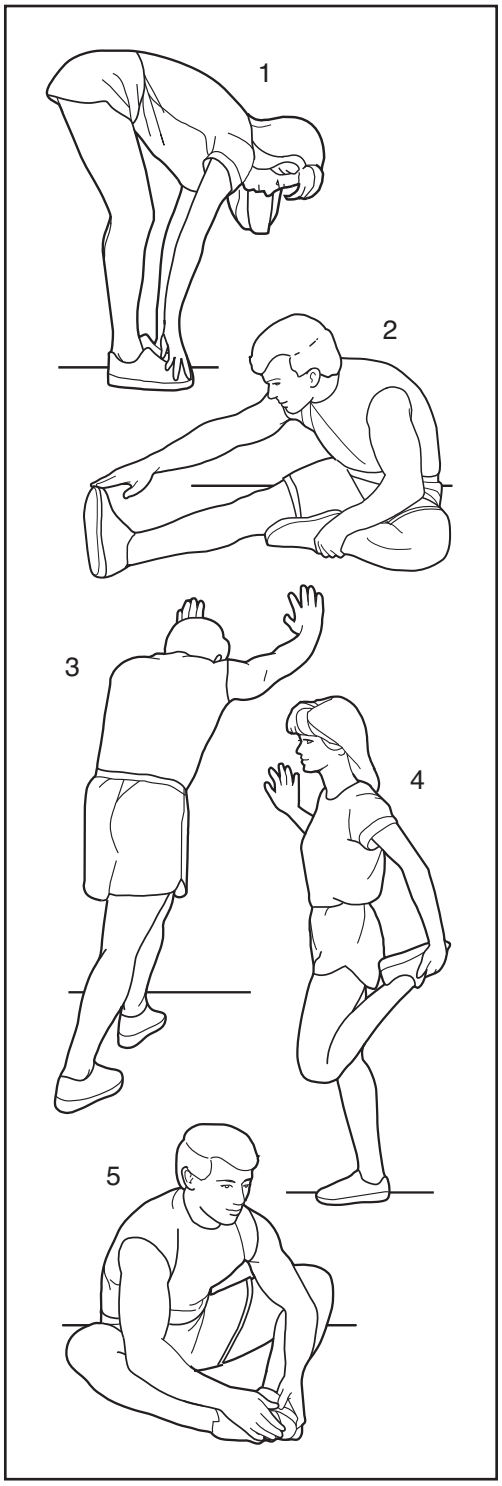
Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST—Model No. PFEX72908.0

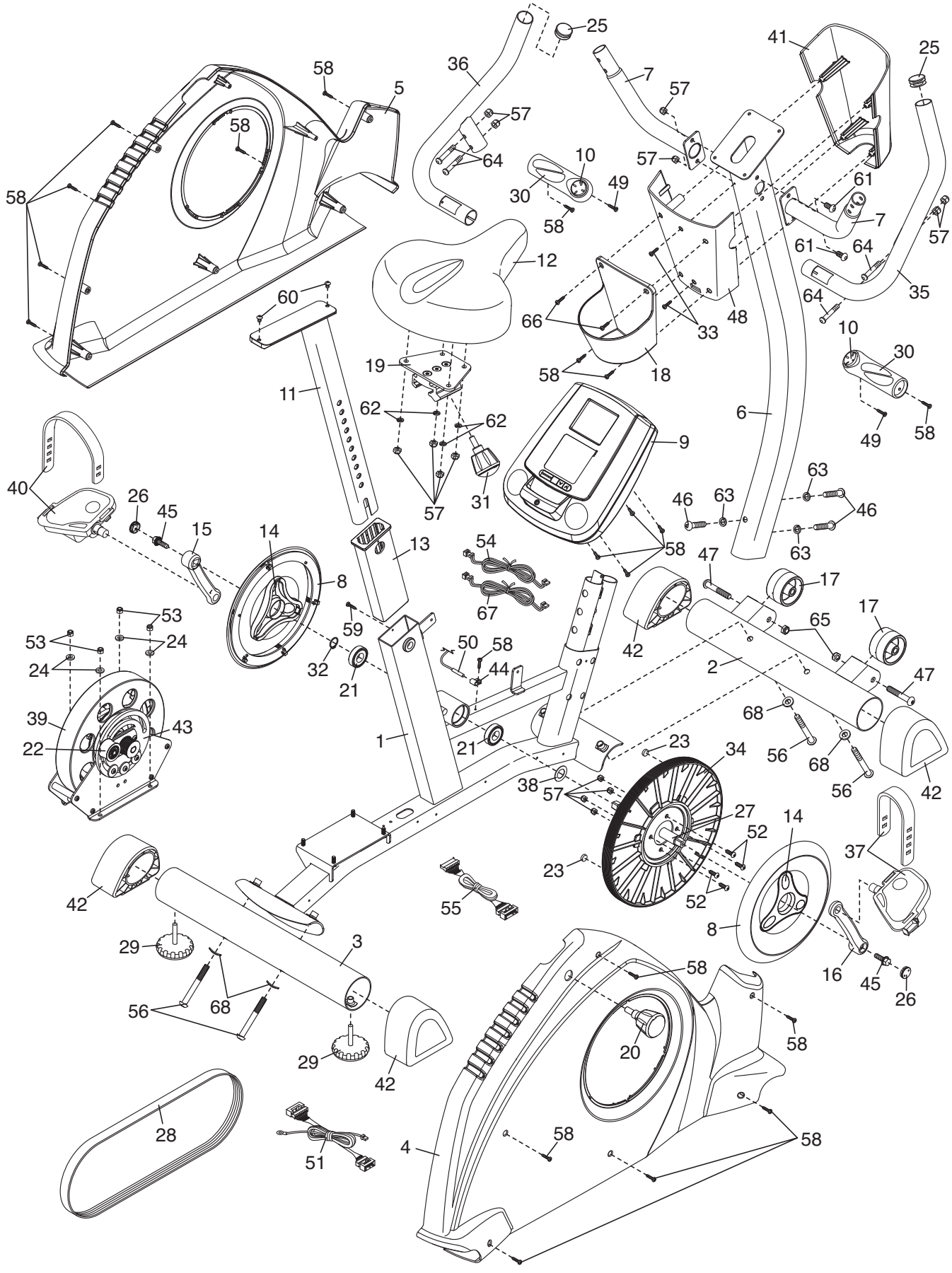
R1108A

Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	1	Rear Stabilizer
4	1	Right Shield
5	1	Left Shield
6	1	Upright
7	2	Handlebar Post
8	2	Pedal Guard
9	1	Console
10	2	Game Controller
11	1	Seat Post
12	1	Seat
13	1	Collar
14	2	Shield Cover
15	1	Left Crank
16	1	Right Crank
17	2	Wheel
18	1	Water Bottle Holder
19	1	Seat Carriage
20	1	Seat Post Knob
21	2	Crank Bearing
22	1	Idler Pulley
23	2	Magnet
24	4	M6 Split Washer
25	2	Handlebar Cap
26	2	Crank Cover
27	1	Crank Spindle
28	1	Belt
29	2	Leveling Foot
30	2	Grip
31	1	Seat Knob
32	1	Crank Snap Ring
33	2	M4 x 19mm Screw
34	1	Pulley
35	1	Right Handlebar
36	1	Left Handlebar
37	1	Right Pedal/Strap
38	1	Crank Washer
39	1	Eddy Mechanism
40	1	Left Pedal/Strap
41	1	Front Upright Cover
42	4	Stabilizer Cap
43	1	Idler
44	1	Clamp
45	2	5/16" x 1" Flange Screw
46	3	M10 x 50mm Patch Screw
47	2	M10 x 60mm Button Bolt
48	1	Rear Upright Cover
49	2	M4 x 10mm Screw
50	1	Reed Switch/Wire
51	1	Lower Wire Harness
52	4	M8 x 16mm Screw
53	4	M6 Locknut
54	1	Right Controller/Pulse Wire
55	1	Upper Wire Harness
56	4	M10 x 85mm Patch Screw
57	14	M8 Locknut
58	21	M4 x 16mm Screw
59	1	M4 x 5mm Screw
60	2	M6 x 10mm Button Screw
61	2	M8 x 56mm Button Screw
62	4	M8 Split Washer
63	3	M10 Split Washer
64	4	M8 x 35mm Button Bolt
65	2	M10 Locknut
66	2	M4 x 76mm Screw
67	1	Left Controller/Pulse Wire
68	4	M10 Curved Washer
*	–	Resistance Motor
*	–	Pillow Block
*	–	Hex Key
*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. PFEX72908.0

R1108A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for five (5) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

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